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REACTIONARY
VITAMIN A DAY, KEEPS VICES IN PLAY, STUDY SHOWS {page 11}

NEW TONE
EVA MENDES TAKES A WALK ON EASY STREET {page 8}

LONDON metro®
Tuesday, May 3, 2011
www.metronews.ca
News worth sharing.

ADRIAN WYLD/THE CANADIAN PRESS

Majority rules

- Harper finally gets full mandate
- NDP to form official Opposition
- More election coverage {pages 2, 3 & 4}

▶ Conservative Leader Stephen Harper casts his vote in Calgary yesterday as his son Ben and daughter Rachel look on.

1 news

Risks, shmisks: Site of Japan's nuclear disaster becomes a tourist attraction.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Allan Small on the impact skyrocketing gold and silver prices may have on investors.

More at metronews.ca/investing.

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Vote. Encouragement

▶ Eric Shepperd holds a sign he made to encourage people to get out and vote yesterday as he walks up and down Richmond Street downtown. Early indicators were that more people voted in this election, as there was a 34 per cent increase in turnout at the advance polls. Of the four London ridings, London West had the most eligible voters at 92,572.

DAVE CHIDLEY/THE CANADIAN PRESS

Drivers get a vote reminder and a smile on election day

Truppe takes London North Centre in election upset

Truppe's victory was the only defeat of an incumbent MP in the four London ridings

JIM REYNO
@METRONEWS.CA

The Tory tide even took London North Centre.

Hotelier Susan Truppe provided the upset of the election locally last night, defeating Liberal incumbent Glen Pearson. Final vote tallies weren't available at press time, but Pearson conceded to Truppe just after midnight, AM980 reported.

London West, formerly represented federally by Mayor Joe Fontana, had been Liberal for 39 of the past 43 years.

Truppe, who has lived in London for more than 30 years, is assistant general manager and director of sales and marketing at the Four Points Sheraton Hotel.

She has also led campaigns to raise money for Hutton House and the Special Olympics. Her "Think Pink" business campaign has helped raise awareness and money for breast cancer research.

Pearson was first elected as a member of Parliament for London North Centre Nov. 27, 2006.

Truppe's victory was the only defeat of an incumbent MP in the four London ridings.

London West

- **Population:** 118,335
- **Eligible voters:** 92,572

CONTRIBUTED

▶ Susan Truppe

Mathyssen keeps seat

NDP incumbent Irene Mathyssen will join the national orange surge in Ottawa after she was re-elected in the riding of London Fanshawe by a large margin last night.

At press time, Mathyssen, 59, led her closest rival, Conservative candidate Jim Chahbar, by more than 5,000 votes. Liberal candidate Roger Caranci was a distant third.

"This is a historic night for New Democrats and this country and we are going to make the very best of it," Mathyssen told supporters, thanking an extensive list of people who supported her during the latest campaign.

"This is incredible and I'm so humbled by that work and dedication."

It's Mathyssen's third consecutive federal election victory. She is the sole member of the NDP to hold a seat in southwestern Ontario.

KYLE REA

Tory holds onto London West riding

No nail-biter this time.

Conservative incumbent Ed Holder easily reclaimed his seat in London West last night. Holder captured the seat in 2008 by less than a four per cent margin, but he won decisively in 2011. The final vote count was unavailable at press time.

London West was deemed a key riding to both the Liberals and Conservatives, as Prime Minister Stephen Harper and Liberal Leader Michael Ignatieff paid two visits each to the area during the campaign. JIM REYNO

Preston elected for fourth time

The riding of Elgin-Middlesex-London remains true Tory blue today. That's after Conservative incumbent Joe Preston, 55, was re-elected for a fourth consecutive time.

He handily defeated NDP candidate Fred Sinclair and Liberal hopeful Graham Warwick, receiving almost twice as many votes as both candidates combined.

At press time, Preston held just less than 50 per cent of the popular vote.

KYLE REA

GIVING A VOICE TO THOSE WHO CANNOT VOTE

URBAN COMPASS

JILL ELLIS
METRO LONDON

This 12-year-old Grade 7 student at John Dearness School is excited about participating in the I Matter March on Sunday.

Diezyn and two of her friends and classmates, Karly Schweers and Sophie Kelly, will emcee at the rally that follows the march, which will start at 11:30 a.m. at city hall and end around noon at Covent Garden Market. The rally highlights kids, their musical talents and their opinions on what's happening to the planet — the latter is the most important part of this equation to Leslie Garrett, local environmental activist and Sophie Kelly's mom, who is spearheading the I Matter March.

Garrett has long been concerned about eco-issues.

Her book, The Virtuous Consumer — published in 2007 — examined how an individual can lessen his/her environmental impact. Now Garrett feels that the top issue is global climate change and that governmental action is the answer. She echoes Diezyn's sentiments: "We're targeting kids too young to vote. This is their issue, but they can't take it to the polling booth."

"Adults have a choice," says Natalie Diezyn, "but kids don't have a choice."

Garrett's inspiration for the I Matter March comes from a presentation she saw by Alex Loorz, an American teenage climate-change activist who is organizing similar marches around the world. The London version is one of only three in Canada. The timeframe is Loorz's, but Garrett feels that it's fitting as Canadian adults exercised their rights yesterday, while those who will live with the long-term results of that vote have no voice. Local, provincial and federal politicians have been invited to the march and rally — not to take the podium but to listen to what the kids have to say.

"We want to share resources and ideas, and not reinvent the wheel in each area."

The students have a lot to say about it as they trip over their words, ideas spilling forth during our conversation. All three are on their school's eco-committee and are tired of inaction.

"I'm concerned that people are going to keep littering. There's litter around the school and we clean it up on Earth Day, but it's not improved in years," says Schweers.

Expecting other schools to take up the banner and join the march on Sunday, Garrett is hoping to collaborate.

And the kids aren't afraid of taking the reins. "We deserve a future and we don't want it to be bad because we didn't do anything about it," says Kelly.

"We're strong enough to make our own choices," Diezyn agrees.

For more information, go to www.imattermarch.org.

Contact Jill Ellis at londonurbancompass@metronews.ca

Restaurant. Opening

▶ One of the most popular people-watching spots on Richmond Row is back in business as Jack Astor's officially opened its location at 660 Richmond St. yesterday.

KYLE REA/METRO

Jack Astor's opens its doors

Jack Astor's staff are ready to take your order, either inside the restaurant or on its second-floor patio, which overlooks Richmond. It's the third Jack Astor's to open in the Forest City.

HIV-positive man charged with aggravated assault

London police have charged a 33-year-old HIV-positive man with aggravated sexual assault and are concerned the suspect may have had sexual encounters with other unsuspecting women.

Daniel Gracie is accused of having sex with a woman in February 2010 and not telling her he was HIV positive, something police say he had known since 2002. The woman, whose name has not been released, is now HIV positive.

Police say the man may have had unprotected sex with others after he was advised of his condition in 2002.

AM980/AM980.CA

▶ Daniel Gracie

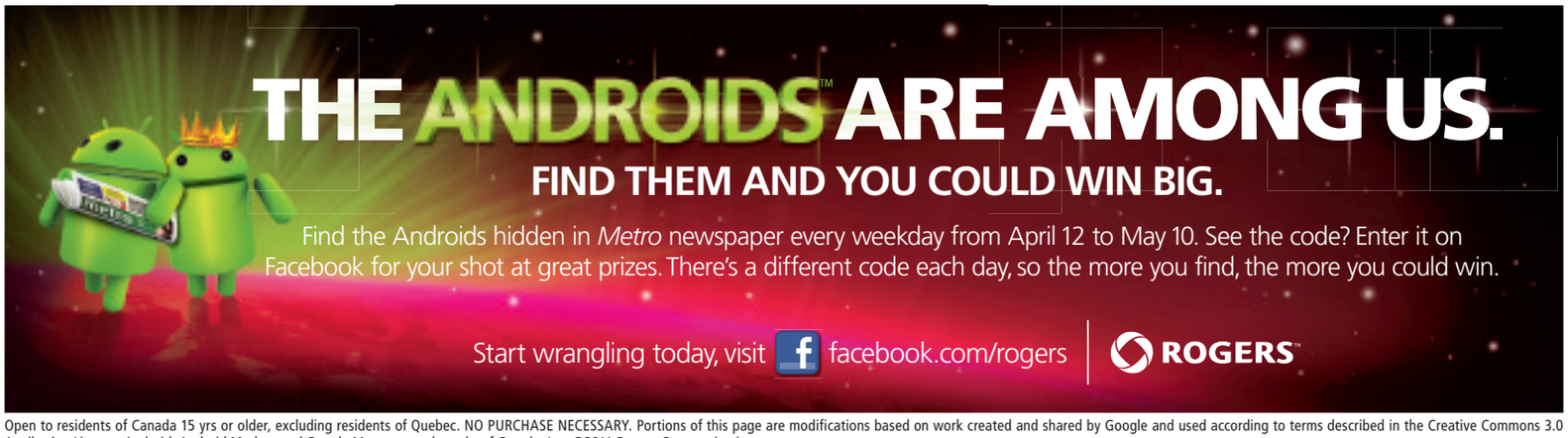
Police are asking anyone who may have had contact with Daniel Gracie to contact the London Police Service at 519-661-5670 or Crime Stoppers at 1-800-222-TIPS (8477).

Confidential counselling and testing for HIV is available through a family doctor or the Middlesex London Health Unit at 519-663-5446.

Daniel Gracie is currently in custody at the Elgin-Middlesex Detention Centre and is scheduled for a bail hearing in London on May 9, 2011.

Police are opposing his release in the interest of public safety

AM980/AM980.CA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Monumental shift in political landscape

- Tories win coveted majority
- NDP made official Opposition

Election 2011

Stephen Harper has sealed his place in the history books, winning a Conservative majority to ensure four uninterrupted years of power and a seat in the Tory pantheon.

Aided by an ascendant NDP that helped split the vote, Harper won his first majority after two successive minority governments that many pundits and pollsters wrongly believed marked a glass ceiling for the former Reform party founder.

In the process, Harper also delivered a historic defeat to Canada's once "natural governing party," as Michael Ignatieff's Liberals tumbled to third place in the seat standings behind the NDP.

The New Democrats rode a mid-campaign surge of support to an orange revolution of sorts, becoming Canada's official Opposition for the first time and almost tripling their representation to over 100 seats.

Harper joins Canada's first prime minister, Sir John A. Macdonald, and 1950s-era John Diefenbaker as just the third Conservative ever to win three consecutive elections.

What most public opinion polls had suggested would be a nail-biter of an election was over by the time it hit Ontario's western border.

THE CANADIAN PRESS

STEVE RUSSELL/TOSTAR NEWS SERVICE

▶ Jack Layton watches the election results with his wife, Olivia Chow, in the presidential suite last night at the Intercontinental Hotel in Toronto.

Conservatives dominate in battleground Ontario

A historic election that will see the Conservatives form a majority government and the NDP surge to second place is making waves in Ontario.

Returns from yesterday's federal election show the Conservatives dominating with 44 per cent of the popular vote and 55 seats in the province.

The NDP have switched places with the struggling Liberals, taking 19 seats with 28 per cent of the popular support compared to just three seats and 23 per cent for the Grits.

In 2008, the Tories won 51 seats in Ontario and 39.2 per cent of the popular vote. The Liberals took 38 seats (33.8 per cent) and 17 (18.2 per cent) went to the NDP.

Liberal Leader Michael Ignatieff appeared poised to lose his own Toronto seat in Etobicoke-Lakeshore, ensuring he won't be around to lead the Liberals when Canadians next go to the polls October 2015 under Harper's fixed election date law.

MIKE CASSESE/THE CANADIAN PRESS

▶ Liberal Leader Michael Ignatieff marks his vote at an Election Canada polling station yesterday in Etobicoke.

NDP Leader Jack Layton and his wife, Olivia Chow, both retained their seats in Toronto while cabinet ministers Tony Clement and Jim Flaherty were also re-elected.

Meantime, hockey legend Ken Dryden lost his bid for a fourth term in York Centre while Helena Guergis failed to hang on to her riding of Simcoe-Grey as an Independent to Tory candidate Kellie Leitch.

Yesterday's outcome could force Ontario's three major parties to recalibrate their own campaign strategies heading into the Oct. 6 provincial election.

Traditionally, Ontario voters prefer having a different party in power federally from the one governing provincially, said Myer Siemiatycki, a politics professor at Toronto's Ryerson University.

THE CANADIAN PRESS

Election tweets

Early election results were leaked out on Twitter. The tweets, many of which carry the hashtag "#tweettheresults," were visible to everyone.

- **@NaomiAKlein:** May this usher in the true end of the Bush Era, and that includes you Stephen Harper. #binladen #outwiththeold #elxn41 #cdnpoli
- **@EmmMacfarlane:** Rumour has it Bin Laden died of a heart attack after seeing NDP polling numbers. #cdnpoli #elxn41
- **@DemocracyCanada:** Stephen Harper breaks election rules, campaigns on radio on election day http://exm.nr/m3Vff3 #cdnpoli #elxn41 via @starstriding
- **@spaikin:** never met a more pompous returning ofcr than at layton's voting stn. As the media arrived, she shouted to the others: "battle stations!"
- **@Forian:** Atlantic Canada Results 7:58 p.m. EST LIB: 10 NDP: 8 CON: 7 #cdnpoli #electionday #elxn41 #elx41 #tweettheresults #fed2011 #vote
- **@MowatCentre:** Our two year old happily went to vote because we promised Smarties. I think we're onto something to boost turnout ...
- **@scottfeschuk:** Oh, so now CBC is going to pretend they didn't show us anything. WE CAN'T UNSEE WHAT'S BEEN SEEN, Peter. TORSTAR NEWS SERVICE

JOHN HEILPRIN/THE ASSOCIATED PRESS

▶ Swiss-born Carmen Binladin, who separated from Osama bin Laden's older brother Yeslam 20 years ago, said yesterday at a Geneva hotel that her former brother-in-law would have chosen death over capture. Binladin spells her surname differently than Osama and his family.

Osama details emerge

◗ Traditional Islamic procedures used for bin Laden's remains, including wrapping body in a white sheet ◗ Remains placed in North Arabian sea

U.S. officials revealed details yesterday of the daring raid in Pakistan in which elite American forces killed Osama bin Laden — and how they confirmed that the man they killed was the world's most-wanted terrorist leader.

Bin Laden, the al-Qaida leader and architect of the Sept. 11, 2001, attacks, was shot in the head in a firefight in Pakistan, U.S. President Barack Obama confirmed Sunday. He was then quickly buried at sea, in a stunning finale to a furtive decade on the run.

U.S. officials said DNA evidence confirmed the death. White House officials were mulling the merits and appropriateness of releasing a photo.

Three adult males were also killed in the raid, including one of bin Laden's sons, whom officials did not name. U.S. officials also said one woman was killed when she was used as a shield by a male combatant, and two other women were injured.

The compound is about a half-mile from the Kakul Military Academy, an army-run institution for top officers in the bustling, hill-ringed town of around 400,000 people.

Officials said bin Laden was killed at a compound north of Islamabad, the Pakistani capital. White House counterterrorism adviser John Brennan said that U.S. forces would have taken bin Laden alive if they had the opportunity.

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Honda cuts production of Civic, CR-V

Honda Motor Co. expects to run short of the Civic compact and other models this summer because of parts shortages, the company said yesterday.

Honda will cut production of the new 2012 Civic, the sixth-most popular car in the U.S., through the summer, and perhaps for longer. In addition, the 2012 version of the CR-V small SUV will be delayed by at least a month this fall. To make up for shortages, Honda will keep making the 2011 version.

Both vehicles are made in North America, but like other automakers, Honda is running into shortages of chips, sensors and other parts made at factories in Japan that were damaged by the March 11 earthquake. THE ASSOCIATED PRESS

"Our goal remains to normalize overall production sometime around the end of the year."
JOHN MENDEL, EXECUTIVE VICE-PRESIDENT OF SALES, AMERICAN HONDA

ON THE BLOCK

Court OK's Nortel patent bid

Nortel Networks Corp. has won court approval for a $900-million "stalking horse" bid by Google for the company's remaining patents and patent applications. Qualified bidders hoping to top the Google offer must submit offers by June 13, while the auction is set for June 20. The winning bid will require court approval in Canada and the U.S.

Nortel has raised billions of dollars selling its assets to pay off creditors, bondholders and others. The company has said it doesn't expect shareholders will receive any of the proceeds. It's also unlikely that Nortel pensioners will get any of the money raised from the asset sales. THE CANADIAN PRESS

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RIM on the ropes with new phones

Debuts BlackBerry Bold 9900 and 9930 models, as well as apps for PlayBook But tech watchers say it's not enough in cut-throat market

Research In Motion may be waiting too long to debut its new, more powerful generation of BlackBerrys early next year in the competitive smartphone market, analysts say.

"The BlackBerry phones need a fresh start now," says Sascha Segan, PC Magazine's lead mobility analyst, yesterday from the BlackBerry World Conference in Orlando, Fla. "Without a major change to their software, they're not going to attract new developers and consumers."

The Canadian smartphone maker announced two new BlackBerry Bold models with an upgraded operating system and some software applications at its annual conference.

However, it's not what analysts believe is critical to RIM's future. In early 2012, RIM will launch a line of BlackBerry "superphones" with the same operating system as its new PlayBook tablet. The QNX system is expected to give users a better web experience and allow them to run multiple software applications.

Technology analyst Anil Doradla of U.S.-based William Blair & Co., says RIM will have to make good on its promises for the QNX-based BlackBerry phones.

"From an investor's point of view, it will be a credibility issue," he said.

Apple's iPhone, along with HTC, Samsung, Motorola and LG smartphones, have been eating away at RIM's market position, especially in North America.

Doradla said the market and trends could very well change in six to eight months by the time RIM launches its new smartphones.

"Within this time frame, there are other players in the market who are not sitting idly by, too, and they're also working on what needs to be done."

Segan said RIM, which has just lowered its first-quarter profit estimates, has two days at the Orlando conference to try to change some analysts' views of the company. THE CANADIAN PRESS

"If we don't see any surprises, then it's definitely going to be a tough quarter for RIM in the smartphone market."
SASCHA SEGAN, LEAD MOBILITY ANALYST, PC MAGAZINE

Air India. Pilots' strike

Pilots stand their ground

Air India's 800 pilots refused to work for a sixth day yesterday, defying a court order that they call off the strike. The pilots are demanding higher pay, an investigation into mismanagement leading to losses of more than 160 billion rupees ($3.4 billion) and removal of the airline's managing director. Air India says the strike is costing it about 12 million rupees ($258,000) a day.

▶ A passenger makes inquiries yesterday at an Air India ticket counter in Mumbai. A pilots' strike has forced the carrier to cancel 90 per cent of its domestic flights, leaving travellers stranded and prompting other airlines to boost fares.

RAFIQ MAQBOOL/THE ASSOCIATED PRESS

Chrysler back from the brink

Chrysler has reported first-quarter net income of $116 million and revenue of $13.1 billion, its first profit since leaving bankruptcy two years ago. The turnaround is a milestone in the automaker's long recovery after its 2009 bankruptcy. It last reported a net profit in 2006.

And it's another chapter in the comeback of the Detroit Three. General Motors Co. has reported a string of profitable quarters, while Ford Motor Co. reported its eighth straight quarterly profit last week. THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
▼ – 10.28 (13,934.51)	▼ – 0.49¢ (105.17¢ US)	▼ – 41¢ US ($113.52 US)	$4.763 US (+ 0.14¢ US)

Gold contracts $1,557.10 US (+ 70¢ US)

TRYING TO CATCH UP FOR LOST TIME

SHE SAYS ...

JESSICA NAPIER
METRO

We all have bad habits: Smoking, nail biting, littering. For me, procrastination is one particular vice that I would like to give up for good — if I could just get around to it.

They say don't do tomorrow what you can do today. And I try, I really do. I repeat this mantra over and over again, but I always wind up pushing those nagging tasks to the back of my mind until it's too late. When faced with an unwanted chore I'm too willing to delegate the task to Future Jessica.

I thought that once I had pulled my final all-nighter and left my student lifestyle behind I would stop cramming for exams and grow out of my counterproductive tendencies. And yet here I am, years later and I'm still leaving things to the last minute.

There are tons of tasks — both big and small — that I avoid day in and out. From scrubbing out the dirt in between the keys on my MacBook to changing the light bulb that burnt out in 2009, there is no chore I won't ignore. I have become a certified hesitator, an expert dawdler.

"There are tons of tasks — both big and small — that I avoid day in and out. From scrubbing out the dirt in between the keys on my MacBook to changing the light bulb that burnt out in 2009 there is no chore I won't ignore. I have become a certified hesitator, an expert dawdler."

Why do so many of us spend our time avoiding the inevitable?

There are plenty of excuses; perhaps you "work best under pressure" or are easily distracted or there just aren't enough hours in the day. But I think we all realize that, ultimately, procrastination isn't really about time management at all.

The desire to postpone those less than exciting tasks doesn't come down to scheduling; it's all about choice, and maybe a little anxiety. I didn't file my tax return at 8 p.m. on April 30 because I didn't have time; it was because I really, really didn't want to do it.

Knowing you should do something and putting it off regardless is a psychological problem, not an organizational one.

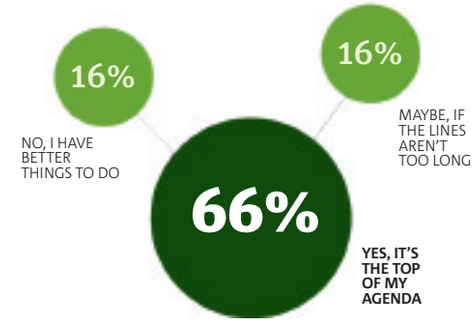
Starting the job, whether it's an unruly pile of laundry or a long list of emails that need replies, is always the hardest part. The key is to reframe these tasks in your mind — don't focus on the hard work associated with studying for a test but the satisfaction you will get from finishing it.

When we take the time (pun intended) to rethink our reasons for delaying and dilly-dallying then we might actually figure out how to move past this bad little habit ... eventually.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metrolifepanel.ca and take the quick poll

Are you hitting the polls Monday?



Local tweets

- **@parismeilleur:** I love the smell of democracy in the morning! #elxn41 #LdnWest #LDNont http://plixi.com/p/98061726
- **@livinglime:** voted. You fill me with so much hope #ldnont. Don't let me down. Let's have the highest voter turnout in the city's history.
- **@megfrench_:** Richmond Row Jack Astors opens today #ldnont
- **@kanadakrazee:** Pet Peeve: When someone says they don't vote because they don't care! They SHOULD care! #elxn41 #vote #ldnont #canada
- **@ndalessa:** Is this real life? Sooooo excited for my first day in the @western_usc office! #uwo #lovelife
- **@patsearle:** Today is surreal. It's like my first day at #UWO in 2007. I'm excited for my first @Western_USC day! http://twitpic.com/4sco9o
- **@doorsopenlondon:** Yes, let's refresh #ldnont! Vote for the SYN centre project here: http://pep.si/jBGbDG #pepsirefreshcanada

Worth mentioning

NEW YORK. Governments worldwide are developing new tools to censor reporters as the media increasingly moves online, the Committee to Protect Journalists said yesterday.

In a report released on the eve of today's World Press Freedom Day, the committee said 69 journalists whose work appears mostly online were jailed as of Dec. 1, representing almost half of all reporters imprisoned worldwide.

The press advocacy group said the sophisticated censorship techniques are often coupled with physical intimidation of online journalists.

"These sophisticated, often invisible, attacks constitute a new front in the fight for press freedom," said Danny O'Brien, CPJ Internet Advocacy Co-ordinator and the report's author.

O'Brien said the techniques go well beyond web censorship, with governments using the Internet to spy on writers and sabotage independent news sites. "The aim is not only to censor but to block or disrupt the reporting process and the dissemination of news and information," he said. THE ASSOCIATED PRESS

Cartoon by Michael de Adder

WEIRD NEWS

Treasure trove unearthed in backyard

A trove of medieval jewelry and other precious objects found by a man working in his backyard includes pieces made for a royal court and may be worth as much as $142,000, Austrian government experts said yesterday.

The officials from Austria's department of national antiquities and the Academy of Sciences said they were only at the beginning of their investigation into the provenance and other details of the find.

"We have in front of us high-end products (made) for the highest consumer class of central Europe" of the Middle Ages, academy member Thomas Kuehtreiber told reporters as security guards revealed some of the rarer pieces.

The Federal Office for Memorials said the trove consists of more than 200 rings, brooches, ornate belt buckles, gold-plated silver plates and other pieces or fragments, many encrusted with pearls, fossilized coral and other ornaments. It says the objects are about 650 years old. The location of the find lies on an important medieval trading route that ran between Poland and Italy, officials said.

THE ASSOCIATED PRESS

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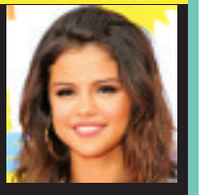
2 scene

Scene in brief



Teen star Selena Gomez has been announced as co-host of next month's MuchMusic Video Awards.

The Wizards of Waverly Place star will also perform at the annual street bash, to be held June 19.

Gomez took home the favourite TV actress prize at the recent Kids' Choice Awards and her band, Selena Gomez & the Scene, won favourite breakout artist at the People's Choice Awards. Among her competition at the People's Choice Awards was her boyfriend, Justin Bieber.

Gomez will share the hosting duties with MuchMusic VJs. Among the other scheduled performers is Lady Gaga.

THE CANADIAN PRESS

Charlie Sheen tours tornado damage in Alabama, says he wants to organize relief event

No easy workouts for actress Mendes

New EasyTone products from Reebok help give a boost to work out routine by providing extra resistance

JANINE FALCON
SCENE@METRONEWS.CA

CONTRIBUTED

Actress Eva Mendes says she's not a huge fan of working out so anything that helps is great.

"I'm just like everyone else," says Eva Mendes. "I do not enjoy going to the gym, but I do it because I have to do it for my mind, for my body, for my soul, and for my career."

And that fitness is not on her list of fun things to do makes the actress a relatable spokesperson for Reebok EasyTone, the athletic-wear brand's line of toning apparel and shoes.

"What I like about EasyTone is that they help me fit more exercise in when I'm running around," Mendes explains in a recent interview with Metro.

"Easy" may be part of the Reebok toning technology name, but don't make the mistake of thinking this is clothing that works hard FOR you. In fact, it's apparel that makes YOU work harder.

Although the shoe looks like a regular sneaker, the EasyTone shoe sole features an air chamber that compresses as it hits pavement. It simulates the balance ball movement, creating an imbalance that forces the wearer to work a little harder as she walks.

"I love the idea of killing two birds with one stone. You're already going to be out there running errands, running around with your kids or your dog," notes Mendes, who says she wears hers to walk and hike with her seven-year-old Belgian Malinois, Hugo. "So why not use a shoe that helps you out and tones you up a bit while you're doing it?"

The good-looking clothing features high-tech tension fabric bands at the shoulders, between the shoulder blades, at the torso, and, in the pants, at the hamstrings, to create muscle resistance as the wearer walks or runs.

"The thing I love about the clothes is that they support everything, give you a nice shape, and remind you to maintain your posture," says Mendes, who hits the gym three or four times a week with a trainer, and somehow finds time for yoga with an instructor, too. In fact, she has a two-hour workout scheduled for the end of the interview day, the second of two days of press.

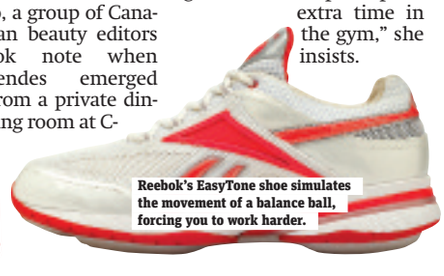
"I'm an end-of-day workout person," she says. "It's kind of backwards, but I'm just not a morning person," she admits, adding that her ideal day would start at noon.

"Caffeine," she answers immediately in response to a query on how she keeps her energy up. The actress also has a weakness for chocolate; at a dinner during last year's film festival in Toronto, a group of Canadian beauty editors took note when Mendes emerged from a private dining room at C-lounge on Wellington to request seconds of a rich chocolate mousse. "I won't give chocolate up. I'd spend extra time in the gym," she insists.

"You've got to sweat for it," Mendes says about staying fit. "It's wonderful if you have great genes, but most people have to work for it. It's a metaphor for life. What you put into your workout, you'll get back."

Mendes' history with Reebok dates back to a pair of pink high-top trainers in high school; she now owns 12 pairs of EasyTone shoes. "I like that EasyTone is saying go out, do your daily business, wear these, and you'll see benefits while you're doing stuff you're doing anyway."

Reebok's EasyTone top creates muscle resistance as the wearer walks or runs.



Reebok's EasyTone shoe simulates the movement of a balance ball, forcing you to work harder.

Where to buy

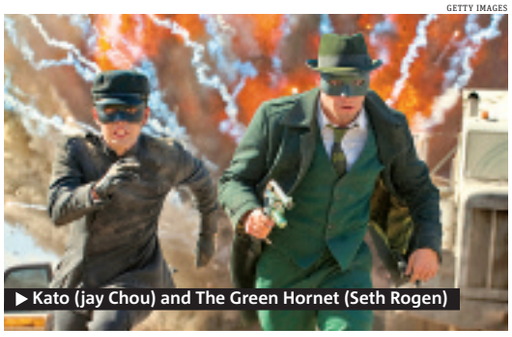
Sport Chek. The EasyTone shorts are $54.99, EasyTone shoes are $109.99, and the EasyTone Sleeveless top is $64.99. Available at Sport Chek locations across Canada.

222761

DVD Releases this week

Buy it | Rent it | Borrow it | Yawn | Don't bother

GETTY IMAGES



▶ Kato (jay Chou) and The Green Hornet (Seth Rogen)

The Green Hornet
Genre: Action
Director: Michel Gondry
Stars: Seth Rogen, Jay Chou

You can see where schlubby Canuck Seth Rogen comic and his co-writer Evan Goldberg are coming from. Tired of the usual heroic clichés and time-wasting exposition, they set out to mock the whole process.

Yet at the same time, they can't resist buying into the superhero myth.

The standard razzmatazz still feels like work even when it's being played for supposed laughs.

Reid fusses about finding the right name, getting the right car and establishing motivation (the playboy needs to prove his stern dead papa was wrong about him).

The fact that Rogen's Green Hornet actually is a party animal — his real identity is the spoiled L.A. newspaper heir Britt Reid, who doesn't even read — only makes the matter all the more confusing.

Meanwhile, Reid's trusty assistant Kato, played by Taiwanese pop star Jay Chou, obviously didn't get the memo about the film being a parody. He plays the conventional superhero sidekick, coming perilously close to a racist Asian stereotype.

Chou does all the heavy lifting, both literally and dramatically, while Rogen cracks wise and takes all the credit — the combo never really clicks. It's just one of the film's many gags that attempt to run but stumble instead.

Putting Michel Gondry in charge of direction was an idea that equally fails to pay dividends. The French fabulist's action sequences lack flair — including the slow-mo previews of violence to come, a direct steal from Sherlock Holmes.

Gondry's cluelessness is most apparent in his handling of co-stars Christoph Waltz and Cameron Diaz.

Waltz is wasted in the role of an L.A. crimelord who suffers from esteem issues. Diaz is equally under-employed as an ace reporter forced to toil as Reid's personal secretary.

As Rogen and Gondry now realize all too well, it's hard to be klutzy and cool at the same time, especially when you're not sure why you're doing it in the first place.

PETER HOWELL

The Grand Theatre
CANADIAN PREMIERE
THE HOBBIT
Adapted by Glyn Robbins
from the book entitled
"The Hobbit" by J.R.R. Tolkien
THE PLAY "THE HOBBIT" BEING PRESENTED IN THIS PRODUCTION WAS ADAPTED BY GLYN ROBBINS FROM THE BOOK ENTITLED "THE HOBBIT" BY J.R.R. TOLKIEN. THE PLAY IS BEING PRESENTED BY PERMISSION AND UNDER LICENSE FROM MIDDLE-EARTH ENTERPRISES. ALL RIGHTS ARE RESERVED. NO PART OF THE PLAY MAY BE PERFORMED, RECORDED OR REPRODUCED IN ANY FORM EXCEPT WITH THE CONSENT OF MIDDLE-EARTH ENTERPRISES, A DIVISION OF THE SAUL ZAENTZ COMPANY.
BILBO BAGGINS, AN UNASSUMING HOBBIT, SETS OUT ON A QUEST TO RECLAIM A KINGDOM AND ITS TREASURE.
APRIL 27 - MAY 26
MAINSTAGE
TICKETS
519.672.8800
grandtheatre.com
PRODUCTION SPONSOR
3M

Curling
Genre: Historical drama
Director: Denis Côté
Stars: Emmanuel Bilodeau, Philomène Bilodeau

The films of Quebec's Denis Côté are not the cinema of conventional narrative or easy resolution. Not a single line of dialogue is wasted and every carefully composed frame requires study.

Côté makes finely wrought studies of people trapped in time and space, human ciphers who are mysteries even to themselves.

Yet Curling, the most polished of Côté's five features since 2005, presents us with his most emotionally involving characters: father and daughter hermits Jean-François and Julyvonne, played by real-life father and daughter Emmanuel Bilodeau and Philomène Bilodeau.

We can't help feeling for their dilemma, even as we dread that something terrible might be hidden behind their awkward smiles. Set in deep winter in a remote Quebec village, where the cold constrains emotions, the film's deceptive quietude keeps us on edge, wondering what's really going on. And a keen appreciation that we're witnessing the most accomplished work yet of a new Canadian auteur, but of a new Canadian master.

PETER HOWELL

Judy jockeys for position after Oprah's farewell

Television's Judge Judy is keeping her hand firmly on the gavel through 2015. Judy Sheindlin signed a new multiyear deal to stay with the long-running syndicated program that last season ranked No. 1 in daytime, CBS Television Distribution said yesterday.

"I am thrilled with the opportunity to continue this exciting second career," Sheindlin, 68, said in a statement.

A former judge in New York, the tart-tongued Sheindlin presides over small-claims cases on her program that's in its 15th season.

Judge Judy had been renewed until 2013 before the new agreement was reached. The deal comes as Oprah Winfrey prepares to wrap up her talk show after 25 years, leaving Sheindlin and other daytime stars to jockey for position. Winfrey's cable channel, OWN, launched in January.

Sheindlin had publicly toyed with the idea of ending her show in 2013, but Judge Judy remains a strong draw. In the 2009-10 season, it ranked No. 1 among daytime series and became the first program in a decade to outdraw The Oprah Winfrey Show.

Sheindlin is "at the top of her game," said John Nogawski, president of CBS Television Distribution, the show's syndicator. She's been the most-watched TV judge since her show's 1996 debut. She was hospitalized overnight in Los Angeles in late March for undisclosed reasons but said "all is well" after she was released.

In a 2006 interview, Sheindlin said, "The truth is, you're really supposed to know when to say goodbye in any job you're in. I hope that I'll know."

THE ASSOCIATED PRESS

HANDOUT

▶Judge Judy

Aussies give Bieber not so eggcellent treatment

Bieber mania hit Australia and then at least two Aussies hit back on stage and in air

Justin Bieber is having a rough time in Australia.

An audience member at a recent concert reportedly pelted the stage with eggs, nearly hitting the teen sensation with two of them, according to X17 Online.

But the seasoned performer didn't miss a beat at Saturday night's performance in Sydney.

Then on the plane home, Bieber was reportedly labeled a flight risk for refusing to stay in his seat when the seatbelt sign was illuminated, according to Sky News.

A Qantas flight attendant reportedly told Bieber that he "had been acting like a child and would therefore be treated like one." METRO

GETTY IMAGES

▶ Justin Bieber

Celebrity tweets

Today, Rob Lowe is celebrating in New York, Seth MacFarlane still isn't satisfied, Jonah Hill doesn't need so many warnings, and Jenny McCarthy likes results.

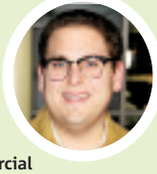
@RobLowe

"At ground zero now. Everyone together. No separate religions or political parties. Just people. Americans together; proud."

@SethMacFarlane

"Now that we've seen his birth certificate, I want to see proof that President Obama is black."

@JonahHill



"Saw a Verizon commercial where a guy harnessed the power of lightning to improve his phone. On the bottom it said, do not attempt. Yeah, I know."

@JennyMcCarthy

"We should have sent TMZ out to find OSAMA years ago. They find everyone."

Sheen's divorce dues ex-actly same

Charlie Sheen and Brooke Mueller are officially divorced.

With the process completed this week, it has been six months after the initial petition to end their marriage, according to TMZ.

Mueller is set to receive $55,000 a month in child support, the website reports, adding that the legal documents have an interesting note: "Under no circumstances shall the child support paid by Charlie for [Mueller's sons] Bob and Max be less than the child support paid by Charlie to Denise Richards for [her daughters] Sam and Lola."

Mueller will also receive $1 million for her share of the couple's home, of which Sheen will retain ownership.

This is Sheen's third divorce. He was also married to Donna Peele in 1995.

The same year he was named as a client of an escort agency run by Heidi Fleiss.

Today, Sheen is romantically involved with adult film stars who he calls "goddesses." METRO

GETTY IMAGES

▶ Brooke Mueller and Charlie Sheen

BACK TO POLE

Tatum to take it off in new film

Channing Tatum is returning to his exotic dancer roots for a new project.

The actor, who worked as a stripper before hitting it big, will star in Steven Soderbergh's next film, Magic Mike, about an exotic dancer and his protégé, according to the Huffington Post.

"This was a wild and pivotal time in my life and I couldn't be more thrilled to go down the rabbit hole with Steven," Tatum says in a statement.

Tatum spent some time in his hometown working as an exotic dancer before he was discovered by a model talent scout in Miami. METRO

GETTY IMAGES

▶ Channing Tatum

ISTOCK PHOTOS

▶ Taking a multivitamin is connected with the habit of indulgence, a new study shows.

Health or hedonist

People taking multivitamins tend to reward themselves with hard partying, study shows

CELIA MILNE
LIFE@METRONEWS.CA

Maybe we're all on a health teeter-totter. When we do something healthy, we often follow it up with something unhealthy.

Call it normal human behaviour.

An intriguing new study in Taiwan has shown that people who have taken a multivitamin tend to reward themselves by indulging in unhealthy behaviour (such as partying).

In the study, 82 people were divided into two groups: those who were told they were taking a multivitamin and those who weren't. The vitamin supplement group was more likely to take part in risky behaviours such as casual sex, sunbathing, wild parties, and excessive drinking than the group that didn't think they were taking a multivitamin. Those who thought they were taking a supplement also had a lower desire to exercise, to have a healthy meal, or to go for a long walk.

"People may simultaneously seek to maintain good physical health and to pursue the hedonic goal of leading a pleasurable life."
DR. WEN-BIN CHIOU

"In general," lead author Dr. Wen-Bin Chiou of National Sun Yat-Sen University told Metro in an email, "people may simultaneously seek to maintain good physical health and to pursue the hedonic goal of leading a pleasurable life. But after achieving ostensible progress toward the health goal by taking dietary supplements, they may feel entitled to reduce their efforts in this regard and pursue pleasurable activities."

Taking a multivitamin seems to be connected with the notion of invulnerability and indulgence.

The phenomenon works in reverse as well. "On the other hand,' he notes, "engagement in activities that pose health risks tends to motivate individuals to engage in acts that will restore health." An example of this is overeating and then taking a diet pill.

Chiou warns that people who take vitamin supplements need to be aware of the vicious cycle of doing something they perceive as healthy followed by an act of self-indulgence.

The study is to be published soon in the journal Psychological Science.

3 life

Vitamins

When it comes to buying dietary supplements, advice from the pharmacy is far more reliable than advice from health food stores. A study found that the amount of advice that was accurate from health food stores was seven per cent.
CELIA MILNE

Canada's Medical Hall of Fame inducting 6 new 'heroes' to its ranks

ISTOCK PHOTO

▶ Would you hire this slumpy guy? No way!

Posture and promotions

Subconsciously, we think people are "weaker" if they have bad posture If you're one of them, read on

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

While you don't likely give much thought to how great your posture is, others do notice the way you stand. We are judged by how we hold ourselves. It's the difference between someone looking confident and healthy and someone looking beaten down.

"Good posture is the outcome of good muscular coordination throughout the entire body," explains Noël Kingsley, author of How to Free Yourself from Back Pain and practitioner of the Alexander Technique, a method that helps us restore natural balance, poise and coordination.

"Perfect posture is about feeling free, broad and expansive and standing at your full without effort or stiffness."

As children (between the age of three of four), we begin to develop bad habits that distort our body's natural posture. The Alexander Technique taps into the instincts we once had and liberates the body from this self-inflicted strain and tension.

"Posture is a reflex we all have in us and getting it 'right' should be nothing more than a thought, basic messages going from nervous system to the muscles," explains Kingsley.

The idea is that you can tell your brain to lengthen your spine and reach to its full potential. Think of the head as going upwards and your back lengthening and shoulders widening.

The Alexander Technique re-teaches us to coordinate and harmonize our muscles so that we can become freer, more upright and release muscle tension. (Simply standing up straight won't help; doing so, you make yourself rigid and stiffen your neck.)

"We are tapping into an instinct we have for healthy poise."
NOËL KINGSLEY, ALEXANDER TECHNIQUE PRACTITIONER.

Bad posture can affect our breathing, concentration and self-confidence. People with poor posture are often stooped and shy and this is often perceived as a sign of weakness. An improved and upright poise will bring you back to your full height (up to five centimetres) giving you something that in the long term will allow you to reach your full potential.

"Better balance means you are not leaning forward or stiff and will maintain a calm equilibrium through difficult circumstances," adds Kingsley.

The war on weight

Skeptics warn of a worsening stigma against the overweight populace

The images are striking: Overweight boys and girls staring sombrely from billboards and online videos, real-life embodiments of the blunt messages alongside.

"Chubby kids may not outlive their parents," for example. Or: "Big bones didn't make me this way. Big meals did."

The ads — part of a new Stop Child Obesity campaign in Georgia — won some enthusiastic praise for their attention-grabbing tactics. But they also have outraged parents, activists and academics who feel the result is more stigma for an already beleaguered and bullied group of children.

"Billboards depicting fat kids are extraordinarily harmful to the very kids they are supposedly trying to help," said the National Association to Advance Fat Acceptance, which called for the billboards' removal.

For all the public support of these efforts, there's also a vocal and passionate corps of skeptics and critics worried that widespread discrimination toward the overweight and obese will only increase.

"Stigma is not an effective motivator," said Rebecca Puhl, a Yale University psychologist. "If they are teased or stigmatized, they're much more likely to engage in unhealthy eating and avoidance of physical activity."
THE ASSOCIATED PRESS

MEREDITH GONCALVES/THE ASSOCIATED PRESS

▶ Experts warn the emphasis on weight risked people is leading to increased teasing and bullying among the youth.

METRO CUSTOM PUBLISHING
PRESENTED BY ONTARIO LUNG ASSOCIATION

Sandra Rinomato holds a dust bunny as air quality expert Brian Stocks takes a closer look

GREIG REEKIE

BREATHE EASIER

BY FOLLOWING A FEW SIMPLE STEPS, ONTARIANS CAN IMPROVE THE AIR QUALITY IN THEIR HOMES

The quality of the air Ontarians breathe, both outside and indoors, plays a direct role in lung health. In particular, our homes can harbour a variety of chemicals and toxic particles generated by such items as cleaning, and personal care products and fireplaces.

Exposure to indoor pollutants such as dust, mould and tobacco smoke are linked to the worsening of lung diseases such as asthma. Given that Ontarians spend much of their time inside, it makes sense to reduce unnecessary indoor exposures as much as possible. Plus, doing so could make your home more appealing to potential buyers when you're ready to sell it.

"I know how important it is to have a clean clutter-free home when buying or selling, but it also benefits your health," says Toronto-based HGTV and real estate expert Sandra Rinomato. "The average adult breathes about 20,000 times each day, so cleaning up the air in your home makes a lot of sense."

For example, stuffed animals can collect dust and dust mites so it's best to minimize them. Washing in hot water is the most effective way to kill dust mites.

"People with lung disease, like asthma, need to know there are simple yet effective ways to improve the air quality in their home that will help them breathe easier," says Rinomato.

Visit The Lung Association's www.YourHealthyHome.ca to help identify and solve common indoor air quality problems that may be affecting you and your family's health. For more information about asthma, visit www.on.lung.ca or call 1-888-344-LUNG (5864).

TOP 5 TIPS EXERCISING SAFELY WITH ASTHMA

Canadian Olympic triathlete coach Barrie Shepley trains athletes, some with severe asthma. "The first thing I do is make sure they're working with their doctor to get their asthma under control," says Shepley. "Then I'm able to develop a program that will get them to the finish line safely."

The Ontario Lung Association offers these tips:

- Develop a "written asthma action plan" with your doctor or healthcare provider to determine how to adjust your treatment based on how well your asthma is under control.
- Manage your asthma by avoiding triggers, using your asthma medicines properly and following your written action plan so activity and exercise will be less likely to bother you.
- Warm up before exercising and cool down after.
- Cover your nose and mouth with a scarf when exercising outdoors in cold weather, to help warm and humidify the air.
- Move your work out inside if air pollution or pollen levels are high or it's a cold winter day.

Looking for more asthma tips? Call The Lung Association's Asthma Action Helpline at 1-888-344-LUNG (5864)

– Jane Doucet

ASTHMA Q&A

In Ontario, 1.7 million people have been diagnosed with asthma, and of that number, nearly 400,000 are children from infants up to age 14. Dr. Itamar Tamari, an Ontario family physician with extensive experience in asthma from his work in the Primary Care Asthma Program, answers some questions about the condition.

WHAT EXACTLY IS ASTHMA?

Asthma is a chronic lung disease that makes it difficult to breathe. A person's airways become narrow from inflammation, or spasm. Symptoms can include: coughing, wheezing, shortness of breath and coughing up phlegm.

WHAT ARE SOME COMMON TRIGGERS?

Some of the most common ones are dust, grass, mould, pet fur, dander and tobacco smoke. Part of asthma management includes avoiding triggers.

HOW IS ASTHMA TREATED?

The mainstay of treatment is inhaled steroids (anti-inflammatories) through an inhaler. If someone can't take steroids or doesn't want to, they should speak to their healthcare provider about other options.

WHAT'S AN ASTHMA ACTION PLAN AND WHY IS IT NECESSARY?

It's a written set of instructions by a healthcare provider to help an individual manage his or her own asthma. The Ontario Lung Association's website, www.on.lung.ca, has a template to create such a plan. It's a tool that helps people adjust the dosage of their medications based on their symptoms or their peak flow. These dosages have been discussed with their primary care provider.

WHAT ARE SOME COMMON MISCONCEPTIONS ABOUT ASTHMA?

First, people don't realize how serious it can be if it isn't well managed—people can die from it. Second, you might believe that you shouldn't be active or do sports if you have asthma. If asthma is well controlled, you can be as active as you want to be. In fact, many professional athletes have asthma.

And third, that children usually " outgrow" asthma. Some children might stop having asthma symptoms, but others might not, especially children who also have allergies. Asthma is a chronic lifelong condition. However, symptoms might lessen or disappear over time, then reappear a few years later; it's a very variable disease. The better it's controlled, the more chance there is of stopping the triggers and asthma attacks.

– Jane Doucet

Need more asthma info? Call for The Lung Association's newest handbook, "Taking Control" 1-888-344-LUNG (5864)

An uninspired serving of pizza and lacklustre service

Although dishes are consistent, this P.AZA.PIE's customer care needs work

LUNCH RUSH

PAUL MITCHELL
FOOD@METRONEWS.CA

Mike Smith's empire of restaurants has gained popularity for its consistency, and many of P.ZA.PIE's aspects bear his trademark design. The decor is familiar, much like the menu.

Customer service, however, is lacklustre to say the least. We seat ourselves, and after the waitress takes our order, she becomes very inattentive.

Despite being the only server working, her air of disinterest is surprising.

I order the personal-sized smoked chicken pizza ($9.49) and my guest chooses the prime rib quesadillas with a Caesar salad ($11.99). The pizza has a thin and crispy crust with a reserved amount of chicken, grilled vegetables, pancetta and cheese.

It is yummy and smoky but very salty. The quesadillas are full of beef, dominated by the taste of mushroom.

The strong flavours continue through to the salad, which is refreshing and tangy but hot with garlic.

P.ZA.PIE may not be very unique in any particular way, but you definitely know what you can expect from it.

It offers a nice location with a great view, but with uninspired results.

PAUL MITCHELL

▶ Personal-sized smoked chicken pizza

P.ZA.PIE Neapolitan Pizza
724 Richmond St.
519-642-7158
Reservations: No
Social lunch: Yes
Price range: $8 - $13
Rating: 3 out of 5

THE CANADIAN PRESS/ HO

Antioxidant Snack Mix

With less butter, less sugar and more fibre and antioxidants, this snack mix doesn't have to be reserved just for parties. Portion out a few servings in plastic bags at the beginning of the week for a satisfying grab-and-go snack.

Preparation:

1. Line large sheet pan with waxed paper. In large resealable plastic bag, place cereal and cranberries.
2. In microwavable bowl, add chocolate chips, almond butter and margarine. Microwave on high heat, uncovered, for 1 minute. Stir. Heat for another 30 seconds. Stir until smooth.
3. Pour chocolate mix into plastic bag, seal and shake to coat. Add almond flour, almonds and icing sugar. Reseal and shake to coat.
4. Spread mix on waxed paper and cool. Refrigerate in container up to 1 week.

THE CANADIAN PRESS

Ingredients:

- 750 ml (3 cups) multigrain cereal squares
- 750 ml (3 cups) fibre cereal twigs
- 250 ml (1 cup) sweetened dried cranberries
- 175 ml (3/4 cup) dark chocolate chips
- 175 ml (3/4 cup) almond butter
- 125 ml (1/2 cup) enriched butter
- 175 ml (3/4 cup) almond flour
- 50 ml (1/4 cup) sliced almonds
- 175 ml (3/4 cup) icing sugar

A comforting combination

This dish combines chicken with a smoked paprika mushroom cream sauce It's made in four simple steps

It's hard to go wrong with heavy cream and mushrooms.

Actually, you could just stop with the heavy cream. But we'll pretend the addition of mushrooms to this comforting Chicken with Smoked Paprika Mushroom Cream dinner somehow makes it virtuous.

If nothing else, relying on real, fresh ingredients will certainly be better for you than popping open a can of cream-of-anything soup.

Preparation:

1. In large bowl, combine 2 tbsp (30 mL) of the olive oil, vinegar, garlic, paprika, salt and pepper. Mix well; set aside.
2. Lay each chicken breasts on the cutting board and slice across the centre horizontally to create 2 thin halves. Add the chicken to the bowl, turn to coat, cover and set aside for 20 minutes.
3. In large skillet heat remaining oil over medium-high, and cook mushrooms about 8 minutes or until browned. Add chicken and any marinade in the bowl to the pan. Brown the chicken on both sides, about 4 minutes per side. Add wine and gently shake the pan to help deglaze it.
4. Reduce heat to low, add cream and thyme. Stir to combine with the mushrooms. Bring to simmer and cook for 1 minute. Serve chicken and mushroom sauce over noodles, rice or with bread.

THE ASSOCIATED PRESS

Ingredients:

- 1/4 cup (60 mL) olive oil
- 1 tbsp (15 mL) cider vinegar
- 6 cloves garlic, minced
- 1 tsp (5 mL) smoked paprika
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) pepper
- 1 1/2 pounds (625 g) boneless, skinless chicken breasts
- 1 lb (500 g) sliced button mushrooms
- 1/2 cup (125 mL) white wine
- 1/2 cup (125 mL) 35% whipping cream
- 1 tbsp (15 mL) chopped fresh thyme
- 1 green onion, finely sliced
- Bread, noodles or rice

THE ASSOCIATED PRESS/ MATTHEW MEAD

▶ This chicken pairs well with noodles, rice or bread.

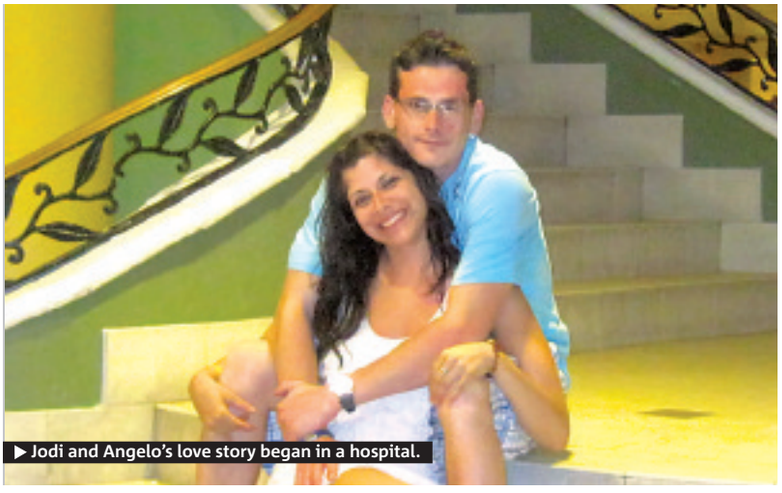
FINDING LOVE IN A TIME OF ADVERSITY

Names:
Jodi, 33, and Angelo, 31

Hometown:
Toronto

Together since:
2008

Their story:


▶ Jodi and Angelo's love story began in a hospital.

In 2008, my mom suffered a stroke and fell into a coma.

Everyday, all day, I (Jodi) sat at the hospital.

I spent most of my time in the ICU's waiting room as I was not allowed to stick around when the doctors were in with my mom.

After a week straight of being there, seeing the same people day in, day out, I met a family whose son (Angelo) had been in a terrible car accident and was in an induced coma.

Over the next month, I saw them everyday and always asked about their son, as they did my mother.

A few weeks later, my mom and Angelo were released from the ICU and moved to different wards in the hospital.

One day, as I was leaving after a visit with my mother, I ran into Angelo and his sister in the elevator, and we finally met face to face.

Soon after, Angelo and I were bumping into each other regularly around the hospital, and I started visiting him in his room.

When Angelo was released from the hospital in July 2008, we exchanged numbers and began talking on the phone.

Our first "dates" were spent watching movies at his house as he wasn't yet in any condition to go out.

It's been three years since our fated meeting, and we are now living together.

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY

SEARCHING FOR COUPLE-FRIENDS

SMUG MARRIEDS

ANGELA PACIENZA & DEREK CHEZZI
2FORCOUPLES.COM
TWITTER: @SMUGMARRIEDS

How do we meet new like-minded couples?

Angela says ...
Take a look at your common interests and find social events where people are doing things you enjoy.

Join a co-ed soccer or dodge ball league. Take a cooking class. Love music? Get out to concerts and chat up people near you after the show. Derek and I have also met great couples while travelling.

It's amazing how easy it is to strike up friendships once you find you're both from the same city. Try using a simple "You sound Canadian. Where are you from?" Love board games? Cafés and pubs are popping up across the country where folks gather to play Scrabble or Ticket to Ride.

Derek says...
Angela's approach requires investing a lot of time and energy, both of which are in short supply.

If you're looking for a quick way to boost your inner circle, friends of friends are your best bets.

Host a cocktail party, inviting a few couples and ask each to bring along an entertaining and engaging couple you've never met but with whom you'd get along.

You're bound to find at least one gem in the bunch.

Fiscal house is the marital house

Savers and spenders can be united in matrimony for better or worse

TIM HALES/THE CANADIAN PRESS

▶ Prince William and wife Kate Middleton likely won't need to be concerned about thier bills, but the same can't be said for most other newly weds.

Prince William and bride Kate Middleton won't likely ever have to worry about paying their bills, but the honeymoon can end for many newlyweds when they start talking about money.

Savers and spenders are often united for better or worse and they have to adapt to each other's attitudes toward money, financial experts say.

Couples who seem to be successful at marriage are usually good with their finances, said certified financial planner Marta Stiteler.

"Once you marry this person, it's for richer or poorer," said Stiteler, an associate at Pillar Retirement Group in Hamilton, Ont.

"You had better get working as a team and get your fiscal house in order and that's the marital house."

It's possible that a couple may start off with different financial personalities but they grow together through compromise, she said.

"I think communications is key — who pays for what. I think clarity is really important. People are so much in la-la land."
FINANCIAL PLANNER MARTA STITELER ON SPENDING A FINANCIAL LIFE TOGETHER WITH YOUR PARTNER

Honesty is the best policy, she added, especially when it comes to disclosing any debts.

"It has to be 'It's our debt and we have to get a handle on it and we need to pay it down,'" Stiteler said.

BMO Mortgage specialist Laura Parsons said couples usually start thinking about buying a home and need to keep a level head about what they can afford.

"With all this excitement of being newly married, your emotions can take a first seat and that's not what you want," she told a BMO conference to discuss financial strategies for newlyweds.

Parsons suggests couples look into a pre-approved mortgage that will force them to stay within budget and consolidating any debts to get them paid off.

"You do not want to go into home ownership with a lot of debt."

Couples also have to decide if they want a joint account or separate accounts combined with a joint account for payments, she added.

She noted that BMO has a tool for couples to track their monthly spending that will also target any overspending.

THE CANADIAN PRESS

WHAT TO DO WITH YOUR TAX REFUND

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

If you haven't filed your taxes yet, get on it!

According to Canada Revenue Agency (CRA), the average Canadian received a tax refund of $1,400 in 2008.

If you're teed up for a refund this year, you've got plenty of options. You can give, save, pay off debt or spend it. I'd recommendation a little of each.

Take 10 per cent off the top and give it to your charity of choice. Not only will this make you feel good, but the CRA will issue you an attractive tax credit which can be applied to next year's tax return.

Take 30 per cent and invest it in your RRSP. You'll receive another tax deduction for next year's return in exchange for your contribution. In most cases, the generous tax advantages make an RRSP the best tool for long-term savings.

Apply 30 per cent to bad debt such as credit cards, car loans or lines of credit. If you're lucky not to have bad debt, pay down your mortgage instead. Making an extra monthly or bi-weekly payment each year can shave years off your mortgage.

What have you been eyeballing all year? Patio furniture, running shoes, golf clubs or vacation? Use the remaining 30 per cent of your refund and reward yourself!

For richer, for poorer

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Kate and Will's nuptials kicked off the wedding season in fine, albeit expensive, style. If you're thinking of following suit — even if you can't afford the dress — you will, no doubt, have a long To Do list.

One item at the top should be, wait for it, checking out each other's credit report. I suggested this recently at a women's conference. "That is sooo intimate!" declared one attendee. "Too intimate!" agreed another.

True enough. Exposing this side of your life — especially if there's an underbelly to it — is the ultimate test of a relationship. But knowing each other's credit score and history avoids unpleasant surprises.

A couple I worked with on my television show, Maxed Out, had been together two years when they applied for a mortgage. Up popped a raft of delinquent, and unrevealed, loans on the women's credit report. They bought the house but had to borrow from a higher interest lender. Eventually the financial stress caused by the payments felled their marriage.

Examining your credit report annually is a good practice in any case. My husband and I just discovered that our truck loan, paid off last year, still lingers as unpaid.

The government requires the two major credit reporting agencies, TransUnion (transunion.ca) and Equifax (equifax.ca), to provide free credit reports. You have to apply by mail. A full credit report, plus your credit score, will cost you around $25 from either agency and you can apply on-line.

It may not seem very romantic, but a credit report check-up is an important step for couples who want to build a sound financial foundation.

Wedding stats

- Financial stress is the number one cause of marital break up.
- Most popular wedding month, June — 10.8 per cent of marriages.
- The least popular — January — 4.7 percent.

Money rule

- A pre-nuptial credit check can save pain and shame down the road.

ISTOCK

▶ Dress, cake, credit check

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Game 2. Bruins win

▶ Boston's Brad Marchand takes a shot on goal against the Flyers last night.

PAUL BERESWILL/GETTY IMAGES

Krejci gives Bruins OT win over Flyers, 2-0 lead in series

David Krejci scored 14:01 into overtime and the Boston Bruins beat Philadelphia 3-2 last night to take a 2-0 lead in the Eastern Conference semifinal series.
Tim Thomas was phenomenal in net, stopping 46 straight shots after the Flyers took a quick 2-0 lead.
Krejci fired a one-timer from one knee that ricocheted off the back of the net and back onto the ice. Play continued until officials could review the call. But the goal was clearly good. THE ASSOCIATED PRESS

Defensive battle

- **Both Vancouver Canucks and Nashville Predators expect stingy defence to continue**
- **Canucks allowed a league-fewest 185 goals all season, Predators were third with 194**

In Nashville, it's dubbed the Predator Way: Work hard, scrap, defend at all costs and score just enough timely goals to win.

Nashville certainly isn't changing its ways in the Western Conference semifinals.

"We're OK with the hard stuff," Nashville coach Barry Trotz said yesterday after practice. "If anybody's been around us ... we haven't done anything easy ever. The harder it gets, it might sound sick, but we get really good when it gets hard. Great resiliency, and I expect us to up our compete level and conviction level even higher."

The Predators evened up their series with Vancouver at 1-1 by pushing the Canucks into double overtime before winning 2-1 Saturday night. Only three goals have been scored in the first two games, and the Canucks are bracing for more of the same tonight for Game 3.

These teams feature two of the three Vezina Trophy finalists; Canucks goalie Roberto Luongo and Pekka Rinne of Nashville.

Vancouver may scored more goals in the regular season than anyone in the NHL, but the Canucks also held opponents to a league-fewest 185 goals. Nashville was third giving up 194.

Canucks coach Alain Vigneault said both teams also play very well without the puck.

"There's not a lot of room. There's not a lot of time out there to make plays, and he's a good goaltender. You've got to give him credit. I didn't expect coming into this these would be high-scoring games, and they haven't been so far," he said.

THE CANADIAN PRESS

CANUCKS PREDATORS

▶ **Time:** 9 p.m.
Channel: CBC

Sacramento gets another shot

The Kings and the NBA gave Sacramento one last chance to prove it deserves to be an NBA city.

Now it's up to Mayor Kevin Johnson and the business community to come up with a viable plan for a new arena after so many failed attempts in the past.

"This is one of the proudest moments of my life because the community believed when no one else did," Johnson said yesterday. "We kept believing. And if you believe, anything is possible."

The decision by the Maloof family to keep their team in Sacramento rather than apply for relocation to Anaheim, Calif., is only temporary. Co-owner Joe Maloof and NBA Commissioner David Stern made clear that the team will leave after next season if an arena plan is not in place.

THE ASSOCIATED PRESS

Norwich back in Premiership

Norwich was promoted to the Premier League yesterday after a six-year absence from England"s top flight.

Paul Lambert's side ensured it would finish in the League Championship's top two by beating Portsmouth 1-0 after third-place Cardiff was beaten 3-0 by Middlesbrough. Norwich was also promoted from the third tier last season.

THE ASSOCIATED PRESS

4 sports

Quoted

"Everybody wants more from Alex. I think he's trying out there. He's working hard. What are you going to say? ... We need more from everybody. We don't just need more from Alex."

CAPITALS COACH BRUCE BOUDREAU REJECTED THE NOTION THAT ALEX OVECHKIN HAS TO DO MORE IF HIS TEAM IS GOING TO COME BACK TO BEAT THE LIGHTNING AFTER LOSING THE FIRST TWO GAMES.

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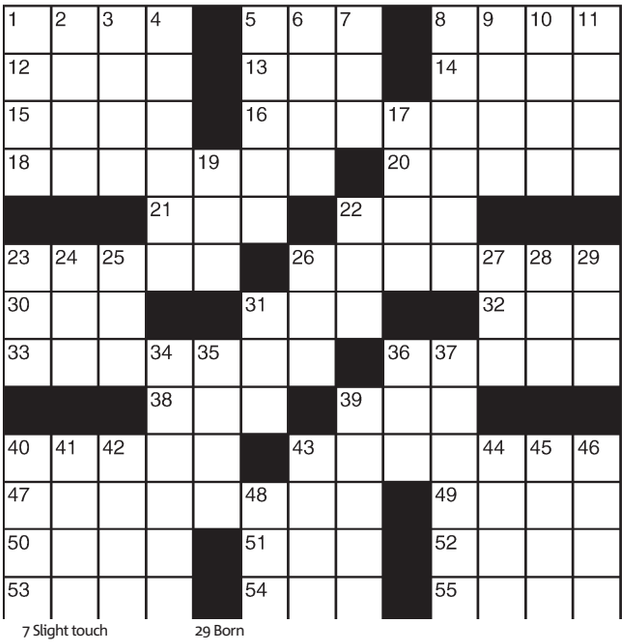
Crossword



Across

1 Teen's woe
5 "El —"
8 Hand warmer
12 Haul behind
13 Modern-day evidence
14 Norway's capital
15 Deep sound from a bell
16 "Swiss Family —"
18 Big name in TV dinners
20 Exposed
21 Resistance measure
22 Energy
23 Canyon
26 Noted NYC avenue
30 Lawyers' org.
31 Lustrous black
32 Exist
33 Springfield surname
36 Moolah
38 Choose
39 Baby food
40 Flight component
43 State capital on the Pearl River
47 "Locksley Hall" poet
49 Beige
50 Oodles
51 — out a living
52 Right on the map?
53 Longings
54 Slithery fish
55 Experts

Down

1 Tosses in
2 Cornfield invader
3 "Peter Pan" pooch
4 One full of Christmas spirit?
5 PC insert
6 Privy to
7 Slight touch
8 Address for a French friend
9 Cold War abbr.
10 Iceberg chunk
11 Loving
17 Footnote abbr.
19 That woman
22 Cistern
23 Petrol
24 Kimono closer
25 Aries
26 Chaps
27 Pouch
28 Bobby of hockey lore
29 Born
31 Make marginalia
34 "1,000 — of light"
35 Agile
36 Fond du —, Wis.
37 Maintenance
39 "What's My Line?" group
40 Remain
41 Far (Pref.)
42 Unsigned (Abbr.)
43 Gag
44 Cicatrix
45 Approximately
46 Crazy
48 Witness

▶ Yesterday's answer

P	L	O	D		B	A	Y		B	E	E	F
L	A	V	E		A	G	E		A	X	L	E
E	V	I	L		D	O	G	H	O	U	S	E
B	A	D	E	G	G		G	O	B	L	E	T
			T	O	E	D		P	A	T		
D	O	G	E	A	R	E	D		B	A	K	E
D	N	A		T	E	P	E	E		N	O	T
T	E	S	T		D	O	G	M	A	T	I	C
		L	A	G		T	A	I	L			
O	P	I	N	E	D		U	T	O	P	I	A
D	O	G	G	E	R	E	L		H	U	N	T
E	C	H	O		A	L	L		A	L	T	O
S	O	T	S		B	Y	E		S	L	O	P

Sudoku

					6			7
3	7			5		9		
			1		3			5
			5	1		4		
8		1				5		6
		3		2	7			
5			8		4			
		6		9			8	3
9			2					

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

To Hermosa Caracolita Heleny. I love you so much my beautiful little snail girl! You're the most special and beituful I've ever had in my whole life and all I want to have forever! Thanks for giving me the opportunity to be in your life! You make me the happiest man in the entire universe! I Love You!! Never forget it!! From Tu Eternamente Enamorado **CARLITOS**

Dear honey bunny, i know that you always do sudoku and other stuff in metro, and i wanted you to know that im really happy that savage introduced us last year. love you lots <3 From **YOUR OTHER HALF**

Rudy, In the past three years we have been through a lot. We have hurt eachother in more ways than one. I hope our friendship last a lifetime. I will always have a special place for you in my heart. From **BEST FRIEND**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ **Aries** March 21-April 20 You need to get serious about your cash flow situation.

♉ **Taurus** April 21-May 21 Aim for the sky today and for the rest of the week – you'll reach it with ease.

♊ **Gemini** May 22-June 21 You don't have to do anything special, but you do have to think — deeply.

♋ **Cancer** June 22-July 22 Think of all the times you've held back in the past and regretted it. Act now.

♌ **Leo** July 23-Aug.23 If you are in any way dissatisfied with your lot, now is the time to make changes.

♍ **Virgo** Aug. 24- Sept. 22 Be positive at all times and in all things, and you'll thrive.

♎ **Libra** Sept. 23-Oct. 23 If money is a problem don't be afraid to ask others for assistance – they'll help because they believe in you.

♏ **Scorpio** Oct. 24-Nov. 22 Be more open about what you desire.

♐ **Sagittarius** Nov. 23-Dec. 21 Do something today that brings the freshness back into your life.

♑ **Capricorn** Dec. 22-Jan. 20 No matter how cautious you may be most of the time this is a day when you can be bold.

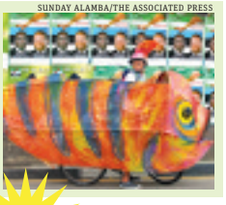
♒ **Aquarius** Jan. 21-Feb. 18 Your home life is a bit tense at the moment.

♓ **Pisces** Feb. 19-March 20. Just trust that fate in its wisdom knows what you need. It always does. **SALLY BROMPTON**

Caption contest

MATTHIAS SCHRADER/THE ASSOCIATED PRESS

SUNDAY ALAMBA/THE ASSOCIATED PRESS



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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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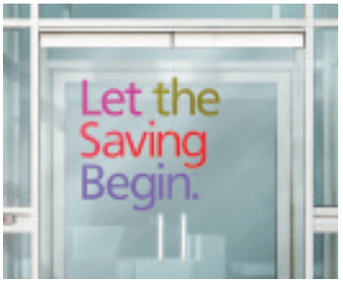

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